HARD WORK NEVER KILLED ANYBODY

By Dr. Keith Cameron

New Look at Old Foe

CORONARY THROMBOSIS—"a clot on the heart"—is becoming the biggest single killer in the civilized world. It tends to attack men between the ages of 45 and 70, rarely affects women.

Primitive races live more by the sweat of their brows than by the intelligent employment of labor-saving thought. They eat more vegetable oils than animal fats—and both these factors are now thought to protect against coronary disease.

During the war, when hard work was plentiful and animal fats scarce, heart attacks were less frequent than they are today.

Unwritten laws divide our modern society into classes, and it is this very class-consciousness which so far has caused coronary thrombosis to be accepted as a typical "bosses' disease."

The victim is pictured as some high-powered and high-salaried executive or professional man who has finally succumbed.

Perhaps he had eaten not wisely but too well; perhaps he had been overweight. But in the end it was the constant mental strain of his position which carried him off in his prime.

A team of British medical research workers has spent three years investigating the possible relationship not between mental stress and coronary disease, but between hard work and heart trouble.

For in Britain 80,000 deaths a year from coronary thrombosis is the present grim total—a number that has doubled since the war and increased tenfold since 1930.

Their work involved the detailed investigation of the post mortem reports on 5,000 consecutive deaths which had occurred in 206 hospitals.

They have come up with an answer that puts a new slant on our old enemy, and that may shake the complacency of the underdogs!

Hard work, they found, never killed anybody —but physical inactivity did.

It did not matter whether the physical inactivity was due to sitting behind a shiny desk all day, or whether it was due to sitting at a bench assembling light components with never a care in the world.

It did not matter whether at lunchtime a majestic descent was made by lift to a waiting limousine, or whether the nameless cog just shuffled from his bench to the works canteen.

Whatever social class a man belonged to, the lighter his work, the greater his danger of developing coronary thrombosis. Again, the light worker stood in danger of a severe attack at a much younger age than his harder-working opposite.

The condition of the hearts of men engaged in physically light jobs was strikingly similar to that of heavy workers 10-15 years older.

On this basis, physical activity at work emerged during this survey as a valuable protection against coronary disease in middle age.

Active men were less likely to suffer from thrombosis, and if they were unfortunate enough to do so, the attack would be less severe and occur later in life than in the case of a less active person.

MEDICAL RESEARCH is like a detective story. You start with a problem, painstakingly collect thousands of bits of evidence, and when all the information is before you, the sifting begins.

A pattern finally comes to light, a theory is born. Armed with this, the whole lot is gone through again to see if it fits all known facts.

Any inadequacies point the need for further research. And only then do you talk about what you have learned.

FIGURES, they say, can prove anything, but this work by a British team of dedicated doctors has shown how near we have been to the truth, and yet how far from it.

Mental work certainly consumes calories, but only physical work keeps your heart healthy.

In America, the pedestrian is defined as a motorist looking for his car. America also has the highest death rate from coronary thrombosis. These facts have long been known, but their true signficance has only now been high-lighted.

A burst of physical activity at the end of an inactive week is liable to be more harmful than healthy, so those exhausting workouts at the weekend are only a form of self-torture which may be good for the soul but certainly not for the heart.

In some cases, ill-considered exercise can be suicidal, like bathing too soon after a meal.

The correct formula demands that a certain amount of physical activity should be a planned part of your working day, if there is any danger that otherwise you might become chair-bound.

The big executive should walk up and down stairs rather than use the lift, and call personally on his colleagues in other parts of the building instead of reaching for the phone.

Such a roving director might well see much of which he would otherwise remain ignorant, and the knowledge among the staff that they could never predict when and where next he might show up, might not be such a bad thing at that!

In Bill's case, such physical freedom is more difficult to achieve if his output at the bench is not to be adversely affected, but even he need not remain hunched up and immobile all day long.

This new theory explains why a bus driver is more liable to die from a sudden attack of coronary thrombosis than the conductor, or the government clerk than the postman.

If we are wise, we will learn from it.

Chemainus Loves Ceramics

By MARY B. ROBINSON

Hobby Grows to Industry

HOBBIES have a habit of growing. But Mrs. Colin Ford's, started only two years ago, has burgeoned into a business and at the same time established itself as one of Chemainus' most attractive tourist lures.

Only last year "Ford Ceramic" was registered as a company.

This year Mrs. Ford, as well as operating this prosperous business, is instructing a class of 40 in ceramics three times a week, their range from tiny figurines to colorful planter lamps. They work in Mrs. Ford's big basement.

Mrs. Ford does her own "firing." That's sounds like a tough business. Actually it's a service to her pupils. The firing is done in two big ovens and that's what puts the finish to the charming work she and her classes produce.

She works, too, with a potter's wheel. That's a new acquisition but she is becoming adept. It allows a greater variety in production.

When I visited her workroom I was amazed at the beautiful collection of many types of ceramics, such as one might expect to find in a high class pottery or china shop in one of the larger cities.

The collection represented the work of herself and five of her students. The items ranged from planter and teddy bear lamps, beer steins, plates, log planters, plaques, mugs, a variety of china dishes in round, square, fluted, oblong and curved design, some vividly painted, including a graduated size set of maple leaf ash trays.

Colors ranged from delicate mother-of-pearl, bright hues shot with gold, to oranges, blues and Chinese reds, with many of the items in a rich brown shade varying from reddish to a cocoa tone.

These reddish brown items are made entirely from pure Chemainus River clay of very excellent quality.

Other items were made from a mixture of Chemainus River and California clay, and still others entirely from California clay. Many were painted before being fired, but, with the Chemainus clay it was only necessary to fire and clear glaze the pieces, Mrs. Ford told me.

The finished item is beautiful. On many Mrs. Ford or her students had painted in free hand flowers, birds or other designs.

There were also several necklaces, ear-rings and other pieces of jewelery which she had had made up. One very lovely dogwood necklace was the work of a student. Other designs were in pear or oval drops in rich and dainty colorings.

Mrs. Ford drew my attention to a square china dish with a spray of magnolia and tiny pink roses, which she said was the first china painting that had been attempted; it was the free hand drawing of one of her students.

Students may purchase the green models from Mrs. Ford, ready for sanding, painting and decorating, or they may make their own slip for the green models for firing. Some also do slab work, rolling out and joining and shaping slabs of clay to form square, oblong or fluted dishes. One had been made from tiny balls of clay. Later these are painted, decorated and glazed, the final firing bringing out the highly glazed surface.

Mrs. Ford and her students are very ingenious. Some students use stock moulds she has on hand for various items, but many prefer to either make or pour their own. Exceptional talent was shown in the decorations which ranged from painted birds and flowers to oriental designs.

Mrs. Ford gets the Chemainus River clay herself and buys the California clay in bulk, selling it to her students in small quantities as they need it. She also has on hand for her own and student use, the very best paints.

I saw many models waiting to be fired, a process which takes five hours, with another three or four hours in the cooling. Both her electric ovens were full but I peeked into one that was cooling and saw a collection of small items, several jugs, mugs, figurines and a shiny teddy bear.

Mrs. Ford and her students assemble a number of these items in the making original models. Three examples I noticed were lamps, decorated log planters and long shallow bowls. Fitted into the spaces on the edge of the bowl, or set into the base of the lamps and planters, were tiny figurines. Teddy bears and lovely pink ladies were mounted on similar bases and fitted with electric fixtures and shades.

Although she has made no attempt to advertise her work, Ford ceramics have been sent to Australia, New Zealand, England, Alaska and all over the United States by people who have purchased them as gifts. She has many orders from people who have seen her work.

Each summer tourists find their way to Chemainus and to her workroom. Several of the items shown me were destined for Holland.

During the Christmas season the carol figurines and other items were sold in a retail shop.

One of her students has duplicated a number of broken items their owners valued, and in most cases the duplication has passed for the original.

In her firing oven was a teapot lid a student had made to replace the lid on a valuable antique.

It is impossible without seeing Mrs. Ford's collection to realize the high standard and beauty of this small but new creative art which has come into being here, and from which business firms may soon be seeking to fill their demands for choice ceramics.